

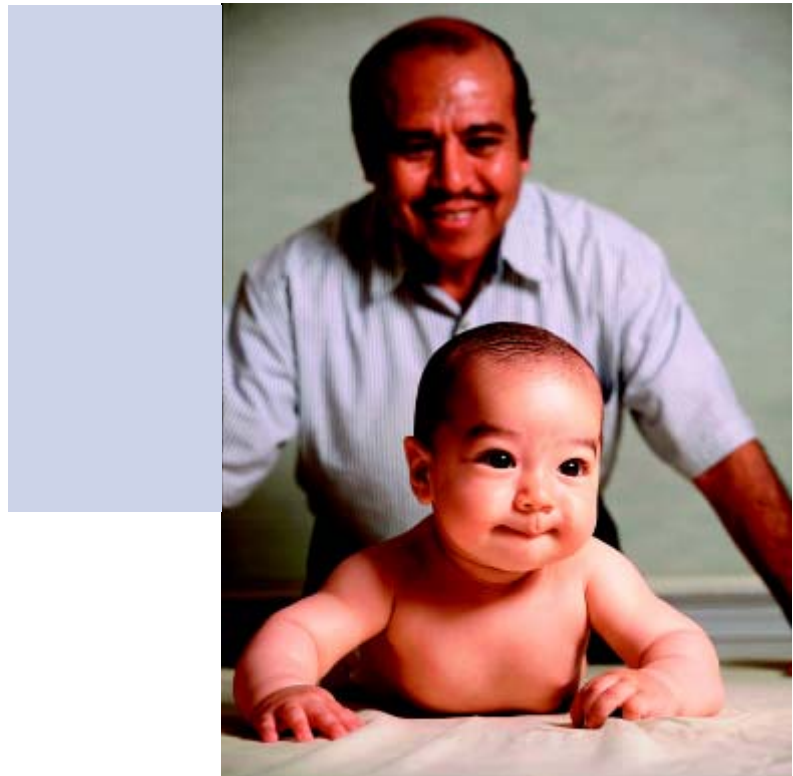


Give Your Baby the Gift of SAFE SLEEP

- Put your baby to sleep on their back ALL the time – at night and for naps.
- New parents often want to be close to their babies at night, but sharing a bed may put your baby at risk for suffocation. Let your baby sleep in their own crib but keep the crib close enough to know when your baby needs you. If you are breastfeeding, sleeping near your baby's crib makes it easy for you to feed your baby when they're hungry and helps you build a good milk supply.
- Your baby's crib should have a firm mattress. Fluffy pillows, quilts and toys are not safe for sleep, but you can use a blanket if you tuck it in snugly under the crib mattress, no higher than your baby's chest. You can also just dress your baby in warm pajamas and put your baby to sleep without a blanket.
- Before you put your baby to sleep in a used crib, check to be sure the crib meets safety standards. To find out, call the Consumer Product Safety Commission toll free at: 1-800-638-2772.



- Don't let your baby sleep on the couch or in an armchair – your baby could get stuck in the cracks and suffocate.
- Your baby should not sleep or nap in the same bed with sisters, brothers, babysitters, or anyone else. Another person, no matter how small, could roll over and smother the baby.
- Be sure to give your baby plenty of time on their tummy when your baby is awake and an adult is watching. This will help your baby's neck and shoulder muscles get stronger.



For more information on safety, please contact the Massachusetts Department of Public Health's Injury Prevention and Control Program at (617) 624-5070 and TTY at (617) 624-5992. Or visit our website at <http://www.state.ma.us/dph/fch/injury/index.htm>. You can also get information from the Massachusetts Center for SIDS. Call them toll free at 1-800-641-7437.